





SEPTEMBER 2014





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
To Contact a Breastfeeding Counselor near you: Columbia: (410) 313-7206 Savage/Laurel: (410) 313-0630 Howard County WIC Program: (410) 313-7510	1 	2 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	3 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	4 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	5 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	6
7 	8 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	9 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	10 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	11 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	12 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	13
14 	15 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	16 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	17 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	18 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	19 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	20
21 	22 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	23 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	24 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	25 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	26 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	27

28	29 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	30 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	Services: Howard County <ul style="list-style-type: none"> Peer Counselor support Group BF Classes Individual BF Classes Electric pump demo Loaner Electric Pumps for moms returning to school/work Returning to work/school BF classes 	Breastfeeding classes can also be scheduled at the Laurel clinic. Call (410) 313-0630 for monthly schedule
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		<h1>OCTOBER 2014</h1>				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Services: Howard County <ul style="list-style-type: none"> Peer Counselor support Group BF Classes Individual BF Classes Electric pump demo Loaner Electric Pumps for moms returning to school/work Returning to work/school BF classes 		Breastfeeding classes can also be scheduled at the Laurel clinic. Call (410) 313-0630 for monthly schedule	1 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	2 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	3 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	4
5	6 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	7 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	8 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	9 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	10 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	11
12	13	14 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00	15 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	16 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	17 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the	18

		pm			Columbia Clinic @ 3:30 pm	
19	20 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	21 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	22 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	23 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	24 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	25
26	27 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	28 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	29 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	30 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	31 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	To Contact a Breastfeeding Counselor near you: Columbia: (410) 313-7206 Savage/Laurel: (410) 313-0630 Howard County WIC Program: (410) 313-7510

		NOVEMBER 2014				
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2	3 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	4 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	5 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	6 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	7 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	8

9	10 Breastfeeding Class: “Getting Started” (Part II) at the Columbia Clinic @ 10:00 am	11	12 Breastfeeding Class: “The Benefits of Breastfeeding” English @ 9:30 am Breastfeeding Class: “The Benefits of Breastfeeding” (Part I) @ 2:30 pm	13 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English “Getting Started” at the Columbia Clinic @ 2:00 pm	14 Breastfeeding Class: Spanish “Benefits of Breastfeeding” at the Columbia Clinic @9:30 am. Breastfeeding Class: Spanish “Getting Started” at the Columbia Clinic @ 3:30 pm	15
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